

# The Mental Health Support Team

Covid-19 Newsletter  
April 2020

Welcome to our first MHST Oxfordshire newsletter! During the lockdown and disruption to schools we wanted to share some resources that parents and carers can do at home to look after their young people. This newsletter is full of loads of interesting activities and links to outside websites that can help you plan what to do to support wellbeing.

We are still open for referrals for 1:1 support via phone/video call. Please make a referral via our website. Referrals can come from teachers, other professionals, parents/carers or young people themselves.

<https://secureforms.oxfordhealth.nhs.uk/mhst/>



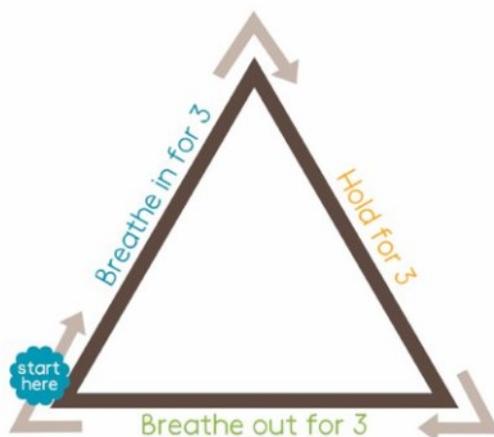
A lot of the activities and ideas we suggest are based around the 5 Ways to Wellbeing. A link to this on the NHS website can be found here: <https://bit.ly/wayswellbeing>

A link to our first podcast around how we can use the 5 Ways can be found here: <https://bit.ly/5WaysPod>

## Mindfulness!

*Being present & engaging fully in each moment.*

**Simple Breathing to Reduce Worry & Promote Calmness:**



You can find a [mindful colouring sheet](#) at the end of the newsletter.



### Videos:

⇒ **5 Finger Breathing:** <https://bit.ly/5FBreathing>

**Breathing Meditation Exercise:** <https://bit.ly/BreatheMed>

**Refresh your Senses Guided Meditation:** <https://bit.ly/RefreshMed>

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## Creative!

Why not design some **rainbows** to put in your window? This is something that families have been doing across the UK to boost the mood of passers by and show support for key workers.

*Here is one way you could do this:*

Pour some paint onto a paper plate. Dip a cotton ball in the paint and dab it onto a piece of paper. Continue to do this in the same colour paint & form a semi circle. Proceed to do this with the other colours until you have a rainbow to display in your window.

⇒ **Amazon Audible** are kindly making their children's audiobooks free at the moment which can be streamed from devices.

<https://stories.audible.com/discovery>



## Active!

Exercise is amazing for mental health as it releases chemical endorphins in the brain which are known to improve our mood. Keeping active is therefore especially important in stressful and uncertain times.

### Keepie Uppies Challenge

See how many you can do and to try and improve. This is an easy and fun activity that can be done with sports balls, bean bags or even balloons!

### Home Workout Videos

In addition to his P.E lessons, Joe Wicks has a range of home workout videos for children on his Youtube channel 'The Body Coach TV'.

5 Minute Move Workout

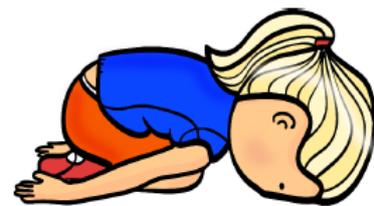
<https://bit.ly/5MMwork>



Create a Home Obstacle Course! This can be done either inside or in the garden.



### Yoga Pose



## CHILD'S POSE

This peaceful pose helps relax the muscles and calm the mind. It gently stretches the hips, thighs & ankles.

Sit back on your heels and slowly bring the forehead down in front of the knees. Rest the arms alongside the body.

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## Fun & Games!

### Make Juggling Balls!

This article shows you how to make juggling balls using balloons and rice! It's lots of fun and it'll occupy children for ages while they try and beat their record time. They can be used as stress balls too!



<https://bit.ly/stressjuggle>

### Time Capsule

Having children write down how they're feeling about current events is a fantastic tool to help them to process what's happening and work through their thoughts and emotions – using a time capsule makes it fun too! <https://bit.ly/timecapkids>

### Virtual Tours

This link includes virtual tours of museums, zoos and galleries around the world, streaming of music concerts and operas, online podcasts, and online lessons for teaching yourself how to draw, sing, craft, mental health resources and spiritual resources – all sorts of cool stuff to pass the time!

<https://bit.ly/ChatterTour>

### Create a 'Future Plans' Jar

Whenever children wish to do an activity like 'visit grandma's house' or 'go out for pizza' write it on a piece of paper and put it into the jar. Then when the lockdown is lifted pick them out and do them one by one. You can decorate the jar any way you like – be creative and make it your own!



## Outside Links

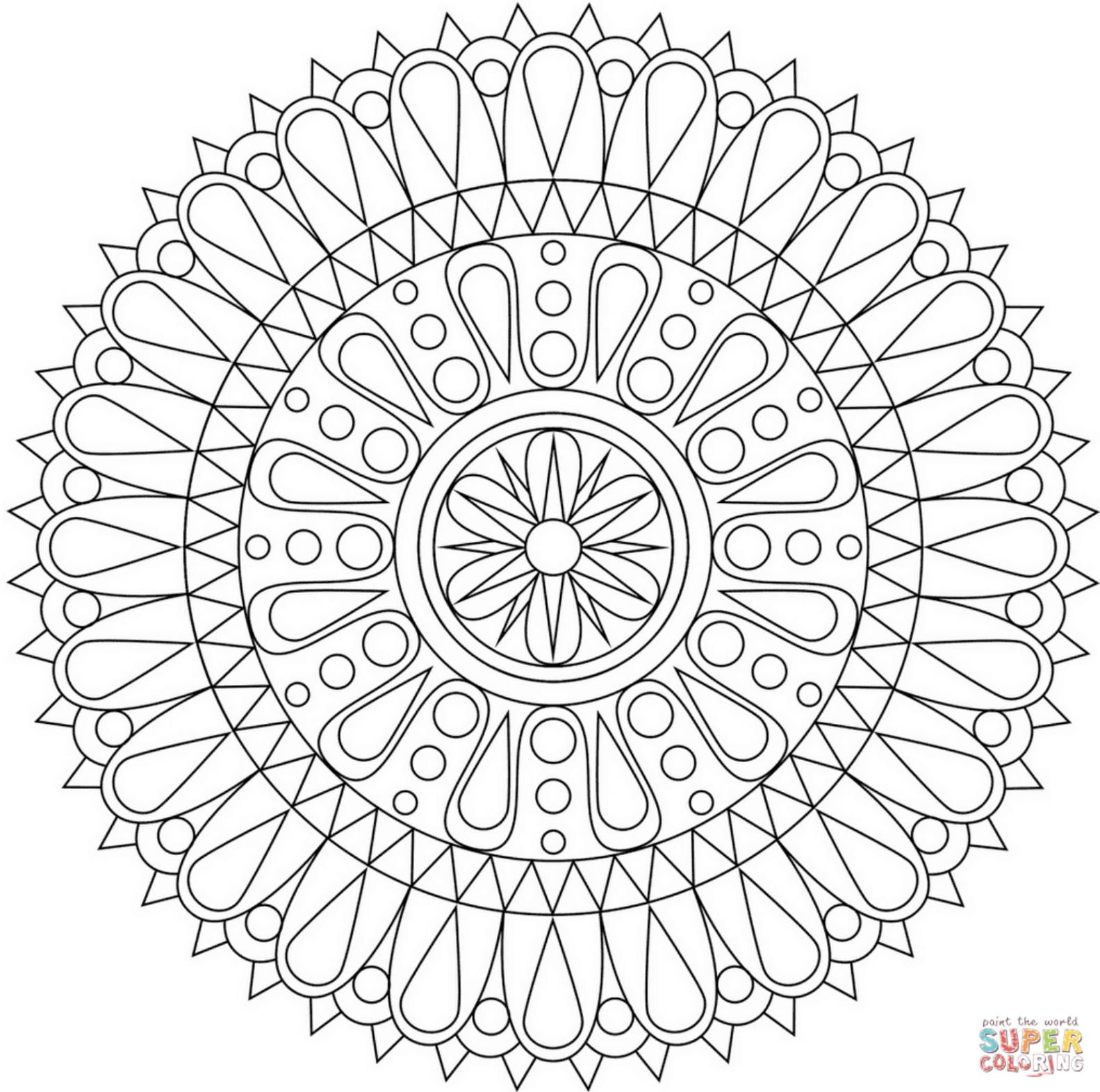
- **Parent Survey from Oxford University:** *Are you a parent of a child or young person in year 0 (reception/foundation) to year 11?*  
If so please take part in <http://cospaceoxford.com/survey>

**Emerging Minds:** <https://bit.ly/EMAnxiety>

**Action for Happiness:** [www.actionforhappiness.org](http://www.actionforhappiness.org)

**Shout:** text 'shout' to **85258** for 24/7 crisis text support

**Childline:** under 19s can call **0800 1111** for free, confidential support



paint the world  
**SUPER**  
COLORING

